

Forever Angels



Hello Everyone,

MBC's Annual Conference and 30th Anniversary celebrations were held last weekend in Markham. There were over 100 delegates in attendance to hear a variety of speakers on a variety of topics relating to helping and supporting Canadian multiple-birth families of all types. MBC's 2009 Conference will be a type of Chapter support/resource sharing get-together and 2010 will be at the Edmonton Mall in Edmonton (of course). I presented a workshop to help professionals and Chapters learn how to offer support and resources to families losing one, more or all of their babies.

Kim Weatherall stepped down as MBC's Chair after 4 years of taking our organization forward with positive giant steps. Kim, with her supportive and committed Board, raised the Canadian multiple-birth family bar and visibility to greater heights and our collective voices were clearly heard in the halls of various different organizational and health care venues. We owe Kim so much for her leadership style. Multiple thanks Kim!!!

Gail Moore has deftly stepped into the MBC Chair's position and we can look forward to continuing along the path forged by Kim as Gail adds her own brand of knowledge, know-how and experience to the mix. I feel certain we can look forward to increased awareness of multiple-births and the unique journey Canadian multiple-birth families share as Gail leads the way.

These annual get-togethers offer threads of connection and strengthen bonds for serving all Canadian multiple-birth families, and beyond, no matter their make up.

Thinking of you,
Lynda

The seeming opposition between life and death is now cut through. Do not thrash or lunge or flee. There is no longer a container or anything to be contained. All is resolved in dazzling measureless freedom. ~-from the Warrior Song of King Gezar

When your heart speaks, take good notes. Judith Campbell

Questions and Suggestions.....

Ques: Since losing our twins nearly six months ago, I have put on a lot of weight which I really need to lose. I would appreciate any ideas on how I might be able to lose some of this weight. Joanne, Ont.

Karen V. offers some weight-loss suggestions which worked for her:

Hi ! I can definitely relate to having a hard time losing weight after a pregnancy loss. I also had a hard time dealing with emotional eating after losing my twins. I think it is just a matter of getting to a point where you are ready to make a change. If you feel at all unsure of your ability to commit to changing your lifestyle (i.e. diet and exercise), then wait because there is no point in starting something until you're really ready. Once I got started - what a difference! I felt so much better physically, that it really helped deal with the grief. What worked for me is running - not on the treadmill as I personally find the fresh air, sights and sounds of out door running were also very therapeutic. If you haven't run before, the Running Room has great learn to run clinics (see link at bottom). If weather won't permit, however, indoor running is clearly better than doing nothing. Also, depending on your level of fitness, you can walk instead of run (30-60 minutes at least 4 times a week).

I also found yoga - my favourite is Ashtanga, which is not only great for relaxation but also extremely good at strengthening, stretching and cardio. I also lift weights (I bought some dumbbells and a bench for my home, which I find easier than going to a gym) - I try to do them about 3-4 times a week.

My suggestions for diet are to try and reduce bad carbs (white bread and rice; potatoes; sugars) and increase fruits & veggies. Also, eat three meals daily (you should have protein at each serving), as well as one protein snack a day. You should have at least 2 litres of water a day - 3 if you can manage. Limit alcohol (what worked for me is not having any, except for a glass or two of wine for a special occasion). Also, if you are having a really hard time craving something, then have it (in moderation), but don't feel bad and give up - allow yourself these indulgences once in awhile, or you'll go crazy! I really enjoy watching the Biggest Loser show on T.V. as I find the stories on that show very inspiring. Get subscriptions for healthy magazines (Runner's World, Yoga Journal, Women's Health). Keep junk food out of the house and bring your lunch to work. Final tip that works for me is to chew sugarless gum between meals and to brush my teeth right after dinner.

<http://www.events.runningroom.com/hm2/>

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*If you have any questions you would like some feedback on, please write c/o [loss@multiplebirthscanada.org](mailto:loss@multiplebirthscanada.org) If you have any hints/suggestions that worked for you regarding any of the questions you read in Forever Angels, we would love to hear from you, in fact we look forward to hearing from you about anything at all.*

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Book Review.....

Getting Back to Life When Grief Won't Heal, Phyllis Kosminsky, Ph.D., McGraw Hill, \$19.95, 2007

The title of this book is apropos as many bereaved individuals can have trouble getting on with their lives as they try to heal from the pain of loss. While Kosminsky's book does not focus on infant or child loss, it does speak to loss and types of loss at different stages of life. She notes the more complicated the relationship, so will be the grief. At different times in our grief journey we need different things to aid the healing and when loss is in the early stages, concentrating on reading may be difficult. When the time is right for you, consider looking for this book. It begins....."If love has the power to open a heart, the loss of love can break it," and I was hooked. With these few words, the reader is aware that what s/he is feeling is understood.

The Chapter entitled Paths to Healing is particularly helpful asking "What does it mean to heal? What does it feel like and how long does it take?" We can get stuck in grief and as such, it can be difficult to remember that the inability to move forward not only affects each one of us personally, but also those around us who care for and rely on us (e.g. other children, parents). Kosminsky offers ideas and suggestions to help us become "unstuck" and move forward in a healthy manner.

When death takes a life, it does not mean the relationship ends and grieving individuals will no doubt benefit from the clear suggestions of healing which Kosminsky offers.

On the Web.....

www.griefnet.org

Offers 50 different on-line support groups for all types of loss: stillbirth, homicide, accident, parental, sibling, grandparent. There is a charge of \$10.00US/month to join each discussion but no one is turned away for lack of funds. I didn't join any of the discussions so am unable to comment on the content although the Site is supervised by a psychologist specializing in grief counseling. They also offer on-line, virtual memorials.

From MBC.....

*Vicki, in our Business Office and myself created an MBC Loss Pamphlet for distribution to bereaved families, funeral homes, hospitals, midwives, doulas and others supporting bereaved multiple-birth families. Rightfully so, it was felt that the regular MBC pamphlet did not meet the needs of grieving families. The printing of the pamphlet was sponsored by **Arbor Memorial Services**, www.arbormemorial.com, 1-800-268-1504. We are very grateful for Arbor Memorial Services' support with this project.*

*The MBC Fact Sheet **Loss of One, More or All Multiples** was also revamped and updated and is available through the Business Office or from the Members Only portion of the MBC Web Site at www.multiplebirthscanada.org*

Both of these items were launched at the MBC Conference.